

Youth Outcomes, Core Areas and Impact Indicators*
EFNEP/FSNE Youth Evaluation Project
July 2005

Outcome: Youth choose foods according to MyPyramid recommendations

- **Nutrition Knowledge/Attitudes (NUK)**
 - ___% of ___ youth know how to choose foods according to MyPyramid and DG's (DQ01)
 - ___% of ___ youth know how to choose food with less fat or sugar (DQ02)
 - ___% of ___ youth can name MyPyramid food groups and/or can identify foods in each group (DQ01)
 - ___% of ___ youth know how to choose healthful snacks &/or beverages (DQ01)
- **Nutrition Behaviors (NUB)**
 - ___% of ___ youth eat nearer to recommended amounts of fat/sugar/calories (DQ10)
 - ___% of ___ youth increase frequency of eating breakfast (DQ11)
 - ___% of ___ youth eat nearer to recommended amounts from Grains group (DQ8A)
 - ___% of ___ youth eat nearer to recommended amounts from the Fruit &/or Vegetables groups (DQ8B)
 - ___% of ___ youth eat nearer to recommended amounts from Milk group (DQ8C)
 - ___% of ___ youth eat nearer to recommended amounts from Meat & Beans group (DQ8D)
 - ___% of ___ youth eat nearer to recommended MyPyramid amounts (general) (DQ8E)
 - ___% of ___ youth make healthful choices for snacks &/or beverages (DQ8E)

Outcome: Youth improve their physical activity practices

- **Physical Activity Knowledge/Attitudes (PHK)**
 - ___% of ___ youth know the benefits of physical activity & how to include it in life (DQ05)
- **Physical Activity Behaviors (PHB)**
 - ___% of ___ youth engage in regular physical activity (biking, hiking, sports) (DQ12)
 - ___% of ___ youth increase participation in physically active games and play (DQ13)
 - ___% of ___ youth reduce time spent in sedentary activities (DQ14)
 - ___% of ___ youth are physically active at least 60 minutes each day (DQ12)

Outcome: Youth use safe food handling practices

- **Food Safety Knowledge/Attitudes (FSK)**
 - ___% of ___ youth know how to wash hands properly (FS01)
 - ___% of ___ youth know how to keep kitchen area clean (FS02)
 - ___% of ___ youth know how to avoid cross-contamination (FS04)
 - ___% of ___ youth know how to keep foods at safe temperatures (FS05)
 - ___% of ___ youth know how to avoid foods from unsafe sources (FS06)
- **Food Safety Behaviors (FSB)**
 - ___% of ___ youth wash their hands properly and when necessary (FS08)
 - ___% of ___ youth keep the kitchen work area clean (FS09)
 - ___% of ___ youth handle foods to avoid cross-contamination (FS11)
 - ___% of ___ youth keep foods at safe temperatures (FS12)
 - ___% of ___ youth avoid foods from unsafe sources (FS13)

Outcome: Youth make good choices when spending money for food

- **Food Resource Management Knowledge/Attitudes (FRK)**
 - ___% of ___ youth know how to plan meals, make shopping list, look for good prices (FR02)
 - ___% of ___ youth know how to compare sources and prices when food shopping (FR03)
- **Food Resource Management Behaviors (FRB)**
 - ___% of ___ youth use good meal planning/food shopping practices (FR10)

Outcome: Youth acquire the skills to prepare nutritious, affordable foods

- **Food Preparation Knowledge/Attitudes (FPK)**
 - ___% of ___ youth know how to follow a recipe correctly and safely (FR08)
- **Food Preparation Behaviors (FPB)**
 - ___% of ___ youth make some foods from basic ingredients using recipes (FR12)

Outcome: Other

- **Other Knowledge (OTK)**
- **Other Behaviors (OTB)**

* Notation in parenthesis is reference to related Impact Indicator in the CNE Logic Model

The Whys, Hows, and Wherefores of Youth Evaluation, SNE 2005

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